



Self-Management Coaching

Anger can be a healthy reaction to a situation that needs to change. Sometimes, though, anger just makes a bad situation worse. Getting too angry, too often, may cause:

- Increased stress
- Physical symptoms such as headaches, stomach pain and muscle aches
- Destructive or counterproductive behavior (from slamming doors to hurtful words to aggressive driving)
- Poor job performance
- Conflicts with co-workers
- Problems with relationships

If feelings of anger and frustration are starting to interfere with your work or personal life, consider self-management coaching from MHN.

Self-management coaching from MHN

MHN, your company's Employee Assistance Program, offers free coaching in self-management. This program, designed by behavioral health experts, helps participants handle their emotions in a healthy way.

We make it easy for you to get the help you need:

- All sessions are conducted over the phone by licensed clinicians
- Just two sessions per week for three weeks
- Limited to six participants per group

Those who attend all six sessions receive a certificate of completion.

Is self-management coaching the right solution for you?

If anger is affecting your job performance, your supervisor may contact us for a job performance referral, or JPR. Through the JPR, you may be referred to self-management coaching.

You can also call our toll-free line if you think self-management coaching could help you.

We'll learn more about your situation to find out if our coaching would be a good fit. If so, we'll sign you up for the next available group over the phone. Your participation will be confidential.

Pre-screening for Self-Management Coaching counts as 1 telephonic session; three weeks' participation (6 sessions) counts as 3 EAP sessions.

Need help?

Call toll-free, 24 hours a day, seven days a week: **(866) 327-4762**
TDD: (800) 327-0801

or visit us at: **eap4soc.mhn.com**
company code: **soc**



Janis E. Carter
*We're here for members
when they need us.*

